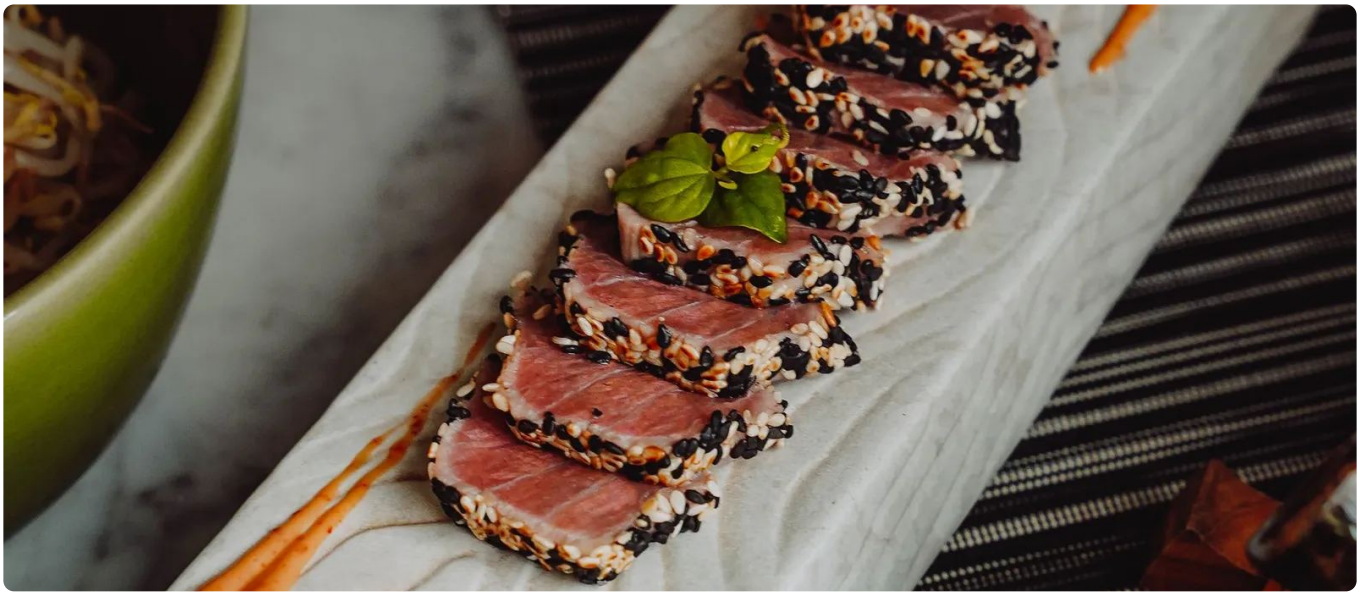
DIRECT · MEDIUM

Sesame-Crusted Seared Bluefin Tuna on the Kamado (Tataki)

A bluefin tuna loin rolled in sesame and seared 30-45 seconds per side over a screaming-hot kamado: a toasted crust outside, a raw, juicy core, and a soy, ginger and lime sauce that wakes it all up.



PREP	COOK	SERVINGS	TEMPERATURE
20 min	4 min	4	280 °C

Ingredients

- **600 g** bluefin tuna loin in one rectangular piece (sushi-grade)
- **3 cda** soy sauce
- **15 g** fresh grated ginger
- **2 cda** extra virgin olive oil
- **4 cda** sesame seeds (white and black mix)
- **1 ud** lime (juice and zest)
- **1 cda** toasted sesame oil
- **1 pizca** flaky sea salt

Method

1. TEMPER THE TUNA

   Take the tuna out of the fridge 15 minutes ahead and pat it very dry: a wet surface won't hold the sesame and steams on the griddle. Trim it into rectangular blocks about 4-5 cm thick, which sear more evenly than an irregular piece.

2 CITRUS SAUCE

Whisk the soy sauce, lime juice and zest, grated ginger and toasted sesame oil. Taste and adjust: it should be sharp and fresh, not salty. Set it aside for the end; used as a marinade it would scorch its sugars during the sear.

3 SESAME CRUST

Brush each block with a little olive oil and a pinch of flaky salt. Spread the sesame on a plate and press the tuna onto all four long faces until evenly coated. Press, don't sprinkle: the crust must stick so it doesn't fall off on the griddle.

4 COALS GLOWING

Set the kamado up for direct heat, no deflector, grate low with a cast-iron griddle on top. Open the vents and bring the dome to 280 °C. The griddle is ready when a drop of water dances and vanishes instantly; an infrared thermometer should read 250-280 °C at the surface.

5 SEAR 30-45 S

Lay the blocks on the griddle and sear them 30-45 seconds per side, turning to toast all four long faces. Don't fidget with them while they sear. The centre must stay raw, red and cool: go past a minute per side and the tuna starts to cook through and loses the point.

6 REST AND SLICE

Move the tuna to a board and let it rest 2 minutes so residual heat settles the crust. With a very sharp knife, cut 1 cm slices against the grain. Fan them out, spoon over the citrus sauce and finish with sesame or chives. Serve at once.

Editor's tips

- Buy tuna with traceable provenance, ideally almadraba, and ask for sushi-grade. To avoid anisakis, AESAN rules require freezing it at -20 °C for 24 hours (or -35 °C commercial blast-freezing) before eating it raw or rare.
- Drying is non-negotiable. Wet tuna won't grip the crust, drops the griddle temperature and ends up steaming in its own moisture instead of toasting. Paper towel it thoroughly right before coating.
- Always slice against the grain with a very sharp knife: a dull blade crushes the fibre and wrecks the crust. A fish knife or a Japanese santoku gives clean slices in a single pass.

Gear for this recipe

Big Green Egg Large
mikamado.es/en/kamados/big-green-egg-large

Lodge Square Cast Iron Griddle 11" (28 cm)
mikamado.es/en/accesorios/lodge-plancha-cuadrada-11

Ooni Digital Infrared Pizza Oven Thermometer
mikamado.es/en/accesorios/ooni-termometro-infrarrojo

Full recipe at: mikamado.es/en/recetas/atun-rojo-sellado-sesamo-kamado

As an Amazon Associate, mikamado.es earns from qualifying purchases. At no extra cost to you.